



# 2021 TIWARI' CLUB

## Tiwari' Club Is Going Virtual!

This is a family friendly club open to the Pawnee Community, tribal & non-tribal individuals of all ages, to help motivate, support, and encourage physical activity. Tiwari' means she/he is going about. All individuals wanting to receive club gear and be eligible for our shoe assistance program must do pre, mid, & post screenings throughout the year by appointment only. Due to COVID-19, we will not meet regularly and are asking all participants to use the Nike Run Club (NRC) app to keep track of their physical activity.



**Monthly Distance Challenges!**

**Quarterly Club Gear!**

**Monthly Strength & Conditioning Training Tips!**

**Optional routes!**

**Sign-up anytime!**

## **PAWNEE NATION DIABETES PROGRAM**

400 Agency Road  
Pawnee, OK 74058  
918.762.3873 x4

Email:  
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